

A Table of the orderly succession of the
Kings and Queenes of England, whereby you may
readily finde out the beginning of their raigne
in the Computation : this letter P.
signifieth the Page.

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FINIS.	

A Short and Plain
ACCOUNT

Of the Late-Found (3

Balsamick
WELLS

AT

HOXDON.

And of their Excellent Virtues
Above other

MINERAL WATERS ;

Which make 'em Effectually Cure
most DISEASES, both Inward
and Outward.

With Directions how to Use 'em.

By **T. BTFIELD, M. D.**

London, Printed and are to be sold by Christopher Wilkinson,
at the Black-Boy against St. Dunstons Church in Fleet Street,
Thomas Fox, at the Angel in Westminster-hall, and John Harris
at the Harrow against the Church in the Poultry. 1687.

48:16



TO THE
PROPRIETORS

Of the Late-Found

Balsamick WELLS,

AT THE
GOLDEN-HEART,

In *H O X D O N*-Square.

Gentlemen,

A *L*though so great a
Vein of Medicine
be put into your
Hands, I presume you nei-
ther intend to commence Do-

A 3 *Etors*

The Epistle

*Etors your selves, or give
Degrees to Others at those
Wells.*

*I confess that to be in any
measure Intrusted with the
General Health of so Popu-
lous a City, whether for its
Preservation or Recovery,
is no small Blessing, if right-
ly Manag'd. And that
You are made Trustees by
the Providence of GOD,
for the Publique Good,
in this Affair, seems better
Order'd, than if it had fell
into the Hands of Physi-
cians*

Dedicatory.

cians *Themselves*, who are too apt to *Monopolize*, and make *Arcana*.

I did last Year observe how *Freely*, and on what *Easie Terms* you set Open those *Salutiferous Fountains*, so that None cou'd complain for want of their *Benefit*. I likewise took Notice of a great deal of *Mis-Management* in the Use of those *Waters*. Least therefore such *Wholesome Springs* should not be us'd

A 4 aright,

The Epistle

aright, and so have their
Just Value abated; I have
kindly Undertaken to give
some Account of their Na-
ture and Virtues. To which
Others, or my Self (after
further Experience of 'em)
may add a fuller Character,
Adorn'd with the Observa-
tions of Various Cures.

I have also directed a pro-
per Method for their Me-
dicinal Use, in shewing
what Care is requisite in the
Drinking of 'em. But how
the Body is to be prepar'd, and
the

Dedicatory.

*the Method of 'em discreetly
carried on, that the Waters
may become more Effectual
to so many Various Di-
stempers, and Different
Constitutions, recourse
must be had to Physicians.*

*Now altho' I have play'd
the Hydrotomist with
these Balsamick-Wells,
and by the Rules of Art in
my Laboratory strictly
examin'd their Principles;
so that I am tollerably fur-
nish'd with a fair Account
of*

The Epistle

of so New a Discovery; Yet I will not Post my Self at the Wells, or expose an Apothecary's Shop, as many may do, to get rid of some Old Medicines, &c. But Reserve at my own House those few Medicines I judge fit both to Prepare the Body, and Accompany the Use of the Waters variously design'd. For I wou'd have every Industrious Physician qualifie Himself for Real Service, and then 'tis pity but he shou'd be heard.

And

Dedictory.

And I hope this my Undertaking will candidly be accepted by All, and escape the abusive Censures of some Physicians, who are not willing to be at so much Pains, yet shall think their Merchandize hereby obstructed.

I hope, Gentlemen, you will be very Industrious to keep Open these Balsamick Springs, that they may long Flow to the Advantage of many: And that the Other Accommodations may

The Epistle

may be so Dispos'd, as to be only serviceable to this Great and Good Design ; that no Disrepute may be cast on the Wells, nor Sobriety offended by contriving the Entertainment of Luxury and Needless Diversions , and so become an Unhandsome Rendezvous. But I doubt not but under your Prudent Conduct, their Medicinal Virtues will raise 'em to such a General Good Esteem, that they'll become the Metropolitan Fountain.

That

Dedicatory.

*That these Rivulets may
joyn together, and become
one lasting Spring ; And that
thè love of so great a Blessing
may unite Proprietors and
Physicians, in Contriving
'em the best way to be ser-
viceable to the Publick Good,
are the Unfeigned Wishes of,*

Gentlemen,

Your Real Friend

and Servant,

T. Byfield.

From my House
in *New-Street* ,
by *Shoe-Lane* ,
near the *Five-
Bells*.



A Short and Plain
ACCOUNT
 Of the Late-Found
BALSAMICK WELLS
 At *Hoxdon, &c.*

CHAP. I.

Of Water in general.

Since I am about to demon-
 strate the Advantages of
 Medicinal Waters, and to
 shew how fit a Vehicle this
 Element

Element is to convey Medicine to the inmost Recesses of the Body; I think it not besides my business if I a little touch upon the Excellency of Water, which was Created for the Universal Drink of all Creatures, and the Health and long Life of the first Ages of the World, may commend its wholesomness. But if we examine its Nature, we shall find it consist of those qualities which denote its Salubrity, as *Clearness, Thinness, Lightness, Softness, &c.* which Cool, Moisten, Attenuate, Refresh, Allay Thirst, and are a Pabulum or Recruit to fretted Spirits, and a proper Liquor to convey and distribute other Aliments. Some of the Ancients call'd it *Παραπνεύμα*. the Seed of all things:

things: But I shall not here Discourse of the Productions from Waters; what Vegetables, Minerals and Animals are generated by it. Neither shall I treat of the various kinds of Water, as River-Water, Rain-Water, Pump, Lake, Pond-Water, &c. That is the best and most wholesome which is void of Taste or Odour, and is Clear, Pure, most Light, soon Heated, soon Cold, and in which Flesh is soonest Boil'd. The Living Spring I judge most valuable for Drinking, and that nearest the Head of it the best. For those living Principles which actuate all Bodies, and keep 'em not only from Putrefaction, but qualify 'em for Recruits and Sustainance to other Bodies, are in proportion in

Waters, which denote 'em of such and such a strength and purity, and may be us'd in quantities accordingly. And 'tis no small advantage that they are capable of being receiv'd in such large quantities, without fuming or disturbing the Brain, to irrigate and soften the whole Body, and bedew the fiery Spirits with their supple Vapours: and when those Airy brisk Particles do extricate themselves from these soft Lodgments, they are again entangled with more, to prevent their leaping out, or firing one against another: and such a pretty bustle or ferment in Nature raises that general Efflorescence and Vigor, which Plumps, Exhilarates, and makes Gay a Well-temper'd Healthy Body.

The

The dispensing either of Food or Physick in a clear, thin, soft, and gentle Vehicle, must make a better Digestion, and a more equal Distribution of it, then in a fiery Chariot, which precipitates Nature, and hurries the crude parts through those strait and slender Passages beyond their natural Emunctories, and lodges 'em where neither Nature can expel 'em, nor Art reach 'em; and that causes *Gout*, and other *Diseases*. Whenas the milder Liquors make such easie gradations, that Nature can secern by her peculiar cleansing Ducts, those Feces and Crudities, which timely and orderly expel'd, prevent innumerable Obstructions and Distempers to the Body.

I wish for my own particular, who am sometimes afflicted with *Stone* and *Gout*, that I had earlier studied these things. But what I can't prevent in my self, I'm willing to do for others.

But to shew how excellent a Vehicle Water is, for the distribution of Generous and Restorative Medicines, is no difficult Task, if its Nature be considered, as is before mentioned: For by searching out the minutest Passages of the Body, it promotes a general dispensation of the design'd matter to all parts of it. And I am of the Opinion that fine Chymical Medicines should be deliver'd to Bodies in soft gentle Vehicles; yet I wou'd not have 'em convey'd in their own
Ter.

Terrestrial Bodies (as *Galenical* Physick is) For they are so fitted there in their position, that our Bodies (especially when Sick) are not able to Extricate the benigⁿ useful parts from the intricate Meatus's of a tough *Compositum*, and raise its living Principles from their Domicils so stilly munited and secured. Yet when by great Art and Labour these lively Particles are set loose and defecated, they are beneficially deliver'd in another Body, where they can't so soon shape a Retirement : And if in thin, light, cooling Liquors, Nature can with ease gradually fetch out their help and refreshment, without any fierce assault from 'em, and this Vehicle admits of quantity enough for a

general and equal distribution of
 such Generous Medicines as are
 usually contracted into very slender
 quantities.——-But I design
 brevity.

CHAP.

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CHAP II.

Of Mineral Waters.

IN the Mineral Kingdom through which the Veins of Water glide, are amass'd mighty Treasures, from whence may be extracted greater Relief for the Necessities of Mankind, than is by most imagined.

Excellent Medicines are gained by the due Management of Fire from several Minerals and Semi-Minerals, &c. But to come to my purpose : By playing the *Hydrotomist*, The great Account of Mineral Waters may be Display'd, which

receive their Medicinal Qualities
from Subterranean Mines and
Oars.

It may be considered that few Mineral Waters are simple, I mean impregnated only with one Mineral, but compounded as the Minerals and Marcasites lye confused in the Bowels of the Earth; and those who have been curious to search into the Nature of Medicinal Springs, have always discovered a mixture, though perhaps some of them have not been so lucky as to assign their Virtues to the proper Minerals, &c. In the Mineral Kingdom I place *Salt, Nitre, Vitriol, Akom, &c.* For in the Salts of many Bodies lye their chief Virtues,
either

either for purging by Stool or Urine, or for Cleansing, Cooling, Drying, Stimulating, Opening of Obstructions, Attenuating of gross Humours, or for Astringent, Corroboration, &c. according to the Nature of the Body. The Learned *Helmomt* saith, (p.55.) *Semina Salium cuncta in Aquis sita sunt, attamen nondum saporem induerunt nisi Corporum Principia consentanea Uterisque Terre debitos reppererunt, &c. viz.* That all the Seeds of Salts are placed in Water, yet are not endued with Taste, unless they find agreeable Principles of Bodies and suitable Matrices of the Earth; then, and not till then they manifest their Saltness, and become determined in a Saline Body; in one place into Allom;

Allom ; in another Sal-marine, in a Third Nitre. &c. To which he adds, *Quocirca notandum, Sal quoddam existere Hermaphroditicum Metallorum quod defectu nominis Esurinum sive Acetosum re et nomine vocari capit, generale equidem & ad omnia Metalla accommodabile: (viz)* That there is a certain Hermaphroditical Salt of Metals, which for want of another name is call'd an Esurine or Acid Salt, which is a general sort of Salt, and accommodated to all Metals. So that this Esurine Salt, while such, is no more then Salt, and not a Vitriol : But if it become a Vitriol, it must espouse a Mineral or Metalline Body. He further saith, *Vitriolum præstantissimum naturaliter crescit fodinis, quibus*

quibus Natura istud Sal Esurinum peperit, venam aris feracem, Corrodens, & Fontis labentis liquore dissolutum; (viz) That the best Vitriol is most naturally brought forth in those Mines where Nature hath begot that Esurine Salt, corroding a strong Vein of Copper, becomes dissolv'd in the gliding Current of a Spring. But should I here enlarge in an account of Nitre, Vitriol, Allom, &c. I should exceed my present Intention, and prevent a future Design. Yet I think it necessary to my present Business, to say thus much of Nitre and Vitriol : That the Esurine Salt discover'd in the Air, if it meet with a fat unctuous Glebe, and be preserv'd from Rain and Sun,

Sun, that it spend not its strength in the Production of Vegetables, breeds great store of Nitre : For 'tis observ'd that in these fat Earths there is at first no Nitrous Taste, neither can any Nitre be extracted from 'em : But after their continuance a while in the Cool Air, its Magnetick Power from a Nitrous Principle opens the Unctuous Body of the fat Glebe, a fit Receptacle for the Esurine Spirit, and is therewith Coagulated and Envelop'd : And after this manner is the Nativity of Nitre.

'Tis commonly observ'd, That in Cold Weather the Appetite is more keen, and the Thirst little; which proceeds from the great store

store of Nitre that is in the Air.

Vitriol I take to be an Esurine Acid Salt, corroding the Sulphureous Parts of Metals or Marcasites, by an Acid Subterranean Spirit, (whereof there is great quantity in some Mines) Corroding the Veins of Iron, Copper, &c. from whence are the Varieties of *Vitriol*. Sometimes from a *Vitriol* Loam, or Clay diluted with Water, and set in a cold Cellar, may be gather'd an Alluminous Efflorescence, which shews there may be a Mixture of Allom with *Vitriol*. But the Differences or Varieties of Impregnations arise either from the Difference of the quantity of the Acid Spirit,

Spirit, Corroding the Veins of Copper or Iron, or from the greater or lesser Continuance of the Course of the Water through those Metallick Veins.

It need not seem strange to any that there is such Acidity in Water and Air ; from whence else doth Iron and Copper, being put into Water, or standing long in the Air in a cool Cellar, contract such a Rust as they do ? Is it not from the Acid Spirit of Air and Water uniting with the Esurine Salt in those Metals, exciting its Corrosive Power to destroy the Texture of the Metal ? And this Rust being boiled in Rain-water, will yield a Vitriol.

There

There are many ways of making Artificial Vitriols: But I shall pass beyond my Intention if I now Discourse of 'em.

'Tis obvious what Beds of Minerals lye in the Bowels of the Earth, on which the Currents of Water wash in their Circulating Veins, from which they are Impregnated with their Medicinal Qualities.

But before I dismiss this Chapter, I think fit to add this, That there is a universal common Salt of Nature, the first *Ens* of Salts, which is speciflicated according to the diversity of Nature, and receives various forms.

GOD

GOD, the Original Founder of all Beings, hath Implanted in the Superficies of the Earth, that great variety of Vegetable Seeds, which propagate themselves in their Species : So that very Vegetable at its proper Season, by the Instigation of the Heavenly Influences, setting at work its Seminals, and by stirring up its Innate Power, begins to shape it self a Body according to the Laws of Creation , every Plant in its kind , till they have made up that wonderful Variety which so richly Adorns the Earth.

In like manner are dispers'd the Mineral and Metalline Seeds in the Bowels of the Earth, determin'd

for

for Specification, and to become Prolifick by the Embryonate Sulphur, according to the Purity or Impurity of the Terrestrial Matrix. And thus the Metallick Order is Compleated by the Perfected Metals, while the Imperfect and middle Minerals arrive but slowly to Metallization.

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C H A P. III.

*Of the Balsamick Wells
at Hoxdon.*

HAVING Premis'd thus much
of *Water* in general and of
Mineral Waters, the better to Ex-
plain my *Essay* of these New Disco-
ver'd *Balsamick Wells*. I shall now
give a short and plain Account of
their constituent Principles, which
upon a strict Examen; many
ways in my *Laboratory*, I have dis-
cover'd to be only these following,
(viz.) The first *Ens* or Mother

of Salts, which runs thro' and is shut up in all *Speciflicated Salts*; tho' it is not easily made Appear: for it requires a Laborious and Skilful Hand to resolve the Compage of a *Mineral* or *Metal*.

The *Balsamick Principle* is a *Sulphur* well digested and purified by the *Volatile Salt*, and retains in it a great deal of the *Embryonate Sulphur*. But 'tis brought to that Height and Volatility in the Bowels of the Earth, that were it not for the Third Principle, the *Vitriol of Mars*, to give 'em Fixation, I believe they would not have been Retained in Water alone. But this being of a more fixt Nature, and a Salt, has Magnetically caught

caught and entangled the *Efurine Spirit* with the first *Ens* or Mother of *Salts*, and that fragrant tender *Sulphur* in her *Belly*. So that when the *Metallick Oar* is unloosed, and you come near to the *Original of Salts*, then you'll find the tender *Sulphur* close Lockt up in it, which when 'tis long digested by Nature or Art, becomes most grateful, and withal so volatile by the Uniti-
on of it with a sublime Salt, that it will imbody it self without much shew, save that of a pleasing gum-
mous Smell: for all Odour is from Sulphur. But before I pass any further, I think fit to Explain what I mean by an Embryonate Sulphur, and that is, a fragrant Gas or Breath containing the beginnings and im-

pressions of Sulphur which are not yet Imbodyed, but like the first Rayes of an Embrio in the Womb, before it has gathered much Matter. Now that our Waters do contain these Principles, and in so great Purity, it may thus appear : For where there is no Floating Oyl, as in One of the Wells there is but very little, there is nevertheless a most pleasing Scent from the Sulphur that is Incorporated with the Waters. Now wherever there is such an Embryonate pure Sulphur, there must be a Volatile Salt of the highest Nature, to Attenuate this Sulphur, and carry it on its Wings through the whole Body. And thus it is in our Waters, which upon Ordinary

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nary Experiments you'll find contain these Volatiles: For by Evaporating some of the Water, you'll perceive it lose most of its Grateful Sulphureous Odour, because so Tender and Volatile: Nay, though you shou'd Distil 'em with never so much Curiosity, in Glass Vessels exactly fitted and luted, yet wou'd your Sulphur fly away insensibly, and leave no Footsteps of its presence.

But besides these, we are as forward as any other Mineral Waters: For we have a pure Vitriol of Iron, depurated and cleansed by Nature from a dangerous *Ærugo*, or Ironish Rust, which may be Precipitated in

some Mineral Waters. This shews it self to every one by the Common Experiments made on any Chalybeate Waters; as by the Powder of Gauls, the Leaves of an Oak, or Tea, &c. Besides the Blackish Colour it leaves on the Ordure: Not to mention here all the Excellent Medicinal Qualities, which are a Cloud of Witnesses for it. This Specified Vitriol entangles the fine Salt and Sulphur, whereby it Enriches it Self, and Retards those Volatiles, and so become all together Digested, and more easily Dissolv'd in the Vein of a Spring. And the further they pass together in the Meanders and Sabulous or Gravelly Streiners of the

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the Earth, they become the more purged from the Terrestrial and Sulphureous Feculencies they contracted in their Solution.

A Parallel to these Waters I believe is not discover'd. The more I Examine 'em, the more I wonder, to see such Life in Waters, from Themselves so pure. 'Tis usual, especially in the Bowels of the Earth, for the Principles of Life to Contract great Impurities ; Or at least, to become so heavy loaded, and disappearing, that they seem either not to be, or stifled, beyond smelling of 'em out by any Grateful Odours. Where there are any Sulphureous Spaws, as in *Yorkshire,*

shire, and other Places, their Oils
(by Report) stink like Rotten
Eggs in the Stomach, &c.—

But there is^r no Unwholesome
Glebe, or any dangerous Mineral
or Metal, that casts one Unhappy
Ray into this Healing Fountain.
So that it appears to be a most
Excellent Composition, (*viz.*) No
less than the Original Purity of
Salt and Sulphur, digested with
the finest Vitriol of *Mars*.

Now as I can discover by my
Art no other Principles in this
Water, so I hope there is no
other : For I can't ima-
gine what is wanting to render
them highly valuable, and promi-
sing the greatest Benefits to Hu-
mane

mane Bodies, if Rightly Uſed.
 'Tis true, They are not Far-
 fetch'd, therefore may be diſ-
 eſteem'd by ſome. But I have
 found out a way to make 'em
 Grateful even to ſuch Perſons :
 Since then we can't Remove the
 Wells to *Germany* or *Tunbridge*,
 if they will but Remove Thither,
 and ſo ſend for 'em, or come once
 a year to 'em, that Squeamiſh
 Diſtemper will be Cur'd.

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C H A P. IV.

*Of the Virtues and Excellency
of these Waters.*

NOW what Great Things, and Truly too, can I say for These Fountains? They seem to be a Lively *Alkali*, or come nearer to it than any thing I know by Nature to be so. I'm apt to think 'em able, with a little help, to Recover a Decay'd Mass of Blood, and to dissolve in some measure Tartarous Coagulums, such as *STONE* and

and *GOVT*: But it must be by a well-govern'd Method in the Use of 'em, directed with a great deal of Skill. By the help of the Volatile Salt and Embryonate Sulphur, I believe a deep-rooted *SCURVEY* may be Cur'd; in Restoring those Decay'd Principles which a Scorbutic Fret of Blood has almost eaten out.

But before I proceed any further, 'twill be necessary to make a little Digression of the Nature of the *SCURVEY*, and its Cure, the better to explain other Distempers.

The *Scurvey* then is, when the due Temperament of the Blood

is broke up by the Raging of the Fixt Salts, and their Preying on the True Sulphur or Oleity in Man eat it out, and subjugate the Pure Volatile Spirit to their own Dominion, and so becomes a Corrosive fiery Spirit. While this is doing, many Symptoms appear, as Scorbutic Frets, and Feaverish Intermiſſions, &c. But because it is done by degrees, and in some time becomes Natural, a Man loses a good habit of Body he knows not how. Now when this Fixt Salt has in good measure destroy'd the other Vital Principles, it sets up a Corrosive sharp Spirit, which (for want of the other Principles to purifie it)

con-

contracts a foul nasty Humour, which by some is call'd *Bittum*; 'twill look Blackish, Green, and Yellow. By this time a Man's come to a pretty pass, and fit to complain he's Ill; for every thing about him begins to tell him so: But 'twill be too tedious to mention Symptoms here.

Now the Common Cure for this, (after Purging and Bleeding) is, Testaceous Powders, Crabs Eyes, Pearl, Coral, Amber, Steel, Milk-Water, Asses Milk, going into the Countrey, and then to the Grave.

I say that no *Dead Alkali* will Cure the *Scurvey*, when come
to

to a height : It will Palliate,
 that is, Obtund the sharp Parti-
 cles of the Blood, and lick 'em
 up for a while ; But then the
 Corrosive Scorbutic Spirit breaks
 through again, unless suffocated :
 Just as the Spirits will disentangle
 themselves from an Opiate,
 unless over-power'd. But a *Lively*
Alkali will beget a New Mass
 of Blood ; 'Twill enter into the
 Fixt Salt, Open its Body, and
 Raise a New Stock of Principles,
 and Ferment off the Course
 Salts with its Bitturn. Now
 these indeed are True Medicines,
 which alas too few yet know ;
 Yet the *Scurvey* every Body knows
 and Cures.

But I must not digress too far ;
 tho' I cou'd not well avoid this
 short imperfect touch at it ; be-
 cause 'tis the Radix of most Di-
 seases. Indeed 'tis the Master
 that Cuts out ; for most other
 Diseases do but finish its work.
 And since few eye of the *Scur-*
vey, strictly so called ; therefore
 many will pretend they Cure it.
 For it shifts into another Di-
 stemper, and the Doctor shifts it
 off too , and gives out he Cur'd
 him of the *Scurvey* ; for he dy'd
 of a *Consumption*, &c.

Now whatever contains a pure
 Spirit, seated in a soft Volatile
 Salt and a Gass of Embryonate
 Sulphur , is this Lively *Alkali* ;
 and

and such our Waters do in some degree : Therefore I may pronounce them an *ANTI-SCORBUTICK*; which, rightly Considered, is a Proud Medicine. And that such a Medicine is good against *STONE* and *GOUT*, both my Reason and Experience can affirm ; for 'twill bid fair for the Resolving of Tartarous Concretions. And that such Medicines will open Obstructions, dissolve Congelations , and the manifold Thickenings of the Juyces up and down the Body, is equally manifest by Reason and fair Practice. For *Coagulums* are the Common Effect of the *Scurvey* : And most of the Diseases of the Body are caus'd by the Acid Corosive Spi-

rit, which will inspissate Juices; just as Acids turn Milk to Curds and Clottedness. All Impoſthumations, Schirrus's, Ulcers within the Body and without, are from this Scorbutick sharp Salt. From this Topick I could go through with most Diseases, and give the best Account of their Cause.—But I must forbear.

These Waters from their pure Sulphur can't but be Excellent for all inward *Ulcers* and *Decays*, and to supple the Spirits fretted by many *Distempers*.

From their Impregnation with the Vitriol of *Mars*, they are enabled for all those Excellent Operations,

tions, which *Tunbridge* and other Chalybeat Waters perform. But because they are so commonly known, I will in this short Lecture omit 'em. It may therefore for the present suffice to mention the Virtues of these Waters from their Principles United.

They *Cleanse*, *Cool*, *Stimulate*, open *Obstructions*, dissolve and attenuate all *Gross Humours*, and are absterfivè of *Viscous*, *Tartarous*, and other Humours in the *Stomach*, *Mesenteries*, *Hypochondriacs*, *Reins*, *Womb*, *Bladder*, *Joints*, &c.

They create a great Appetite, by Recovering and Strengthening her Tone. They *Cleanse*, *Strengthen*,

and Contract the Womb, which must be of great use to such as are subject to Miscarriages, Weakness in those parts, and are unapt to breed. But because I think not fit here to particularize, I'll once for all say, They are of excellent use for Ladies in all their distinguishing Circumstances from Men: But not to be used by those with Child. For particular direction herein, a Physician shou'd be Consulted.

And here (in a Parenthesis) let me say, 'Tis requisite to the Health and Happiness of every Person to have Recourse to a Spiritual and Physical Guide, and that in times of seeming Health, to provide
against

against those Evils, which the height of a Distemper and the hour of Death make unseasonable for any considerable Ministration.

Principiis obsta, &c.

These Waters are powerful in all Cachectical and Obstinate Diseases. Like an *Alkali*, they im-
bibe the Acidity and Sowerness of the Blood, and consequently dulcify the same: For by a Natural Propensity uniting Magnetically with the Salts, they are ejected together with the Obstructive Humours, by a strong Irritation of Nature (from these Waters) to expel 'em. And from their Diuretick Nature, after they have Attenuated, Cut, Resolv'd,

and so alter'd the Mucous and Tartarous Humours of the Body, and prepar'd 'em for Excretion, they then carry them off by Urine, which is the most Safe and Effectual Conveyance (for all sharp and Saline Humours) of all sorts of Evacuation whatever.

This Water, enrich'd by my *Tinctura Regalis*, and some Powders that are Lively *Alkali's*, search such Latent Passages, and Abstruse Retirements of the Body, as other Medicines cannot reach ; and after a Discovery made, doth not only dispossess what is Preternatural of its Usurped Power, but also by Corroborating

borating and Reinforcing Nature, so firmly intitles her to her former Right of Inheritance, that scarce any thing but an Act of Hostility or Old Age, can cut off the Entail.

They so Correct and Amend the Juices of the Body, by expelling Watery, Sharp, Sower, Gnawing, Hot, Foul Humours, &c. that they Cure the *Scurvey*, even in those whose Gums and Teeth, as well by Spots as other Signs, shew it to have deep Rooting.

Admirable against *DROPSIES*, especially in such as have those Humours fluctuate up and down,
by

by falling into the Legs and returning again, which prevents sore Legs, &c.

They are justly Recommended against the *Jaundice*, Yellow and Black, Melancholy and Fearful Passions, *Cholick*, *Diarrhaea*, and *Dysenteria*, and the Distemper call'd, *Vapours offending Head and Heart*,

They Open, Cool, Cleanse and Strengthen the *Lungs*, consequently good against *Asthma's*, *Coughs*, and *Consumptions*, if not too far spent.

They are Abstersive and Healing; therefore Consolidate *Lungs* decay-

decaying by *Exulcerations*: Likewise *Ulcerated Kidneys*, they cleanse 'em of Mucous Foul Matter, the *Dnelech*, *Sand*, *Gravel* and *Stones*.

I may likewise commend 'em to those Subject to *Head-Aches*, *Vertigo*, *Megrim*, &c.

And for *Gonorrhæa's*, and the Fruitful Improvements on that Graft; especially if taken in Method, with a few other things; to speak Modestly, they will answer Expectation.

'Tis too tedious to Enumerate so many Distempers as Authors have found hard Words for,

for. The preserving the Blood in, or restoring it to a good Temper (without any more adoe) cuts off a Thousand Diseases.

I'll only add, That these Waters are of Use to such as are afflicted with *Wounds, Ulcers, Fistula's, Sores, Itch, Scabs, Sore-Eyes, Sore-Legs, Leprosie, &c.*

CHAP. V.

*Directions to be Observed Before,
In, and After the Ta-
king these Waters.*

TO them who intend the Use of these Waters for the Removing of any considerable Distemper, I advise that they prepare their Bodies as shall be thought most proper by their *Physicians*.

To those who carefully keep their Bodies from any glut of Humours, and design onely to
take

take 'em for Pleasure, or to remove slighter Indispositions ; or if it be but to dilute and temper the Blood and preserve it from decay, or to create a good Stomach , &c. I advise but a slighter Preparation , by a gentle Infusion, or a few Stomach Pills, &c. to clear the first Passages.

But what I have furnisht my self with, requisite to be given before and with these Waters, &c. I shall keep at home , for such who Resort to me. For I wou'd willingly avoid all Offence ; not coveting any Mans Employ.

And

And thus I hope I shall easily demonstrate my Care to prevent Obloquy, and satisfy any I design not to Monopolize.

If Prejudice prevent not, these Waters may be Prescribed by *Physicians* in Method to their *Patients*, to the full as well as Other Medicinal Springs : And by their Skill may become Useful Vehicles for the distribution of such Generous and Noble Medicines as our Art directs.

These Waters are to be Taken alone, from One Quart to Two; or Five Pints at most.

The

The Rules to be observed in the Taking of 'em, are common to other Mineral Waters, and so generally Known, that almost every one can prevent me in those Few and Easie Directions that are requisite.

They are to be Taken in the Morning Fasting, and before the Body is heated with Exercise : Therefore come to these Wells Early, and as Easily as you can.

They are not to be Drank too Quick, nor too Slow : But Convenient Distances are to be allotted; as once in half an Hour a Pint, or rather less, as your Stomach can bear 'em and pass 'em,
till

till you have taken the Quantity you design. But to sickly Persons I advise but half a Pint at a Draught ; and a little warm'd in cold Weather, by setting a Bottle in a Skillet of Cold Water close stoppt, and so let it warm with the Water.

After you have taken two or three draughts, 'tis best to use some very gentle Exercise, to promote 'em by Urine.

Whilst you walk, ride, &c. you may eat Orange-Chips, Citron-Peels, Carraway - Confects, Elicampane-Roots Candy'd, &c.

E

When

When your Waters are almost return'd , then you may increase your Exercise *ad ruborem, non ad sudorem* ; till you be pretty Warm, but not Sweat.

'Tis not fit to Dine till the Waters are past ; and half an Hour before Dinner (for some Persons) a Glas of Rhenish, White-wine or Clarret, I think not amiss.

I shall not here prescribe the Quality of your Diet : Every one knows that Mutton, Veal, Lamb, Chickens, Rabbits, &c. are good Fare. My Care is to Caution you as to Quantity, and that the rather , because
these

these Waters rightly used, give
a great Appetite :

'Tis better both to Dine and
Sup Moderately, then to Over-
charge at once.

Temperance prevents and helps
to Cure many Diseases. He
that desires to Eat much, must
Eat little ; for by Eating little
at a time, he lives long, and so
makes it up.

All Intemperance in Drink
shou'd at all times be avoided ;
But Excess in this Method may
be dangerous : Nevertheless I
commend to some Persons, a
little good Wine towards Night
with Discretion.

And here I think it kind to
 Infert this Note; That the Dilu-
 tive Cup, or Evenings Draught
 so much in Use, is generally ta-
 ken too late: For to fill the Bo-
 dy with Liquor and presently
 to Bed, causes many Diseases.
 'Tis fit it shou'd as to the grea-
 test part be passed first, which
 wou'd prevent *Gravel*, *Stone*,
Gouts, *Dropsies*, and many Disea-
 ses of the Head, &c.

The Use of these Waters is
 to be continued as need shall
 require, and as you are Advised
 by your Physicians. A Fort-
 night or Three-weeks together
 is long enough without Inter-
 mission. For 'tis better to Omit

'em Two or Three Weeks, and then take 'em again, then to continue one long Course of 'em together ; for fear of a *Diabetes*, or other Injuries.

Now if in this short Tract I have not given some Satisfactory Account of these *Balsamick Wells*, as to their Virtues and Use, I shall be ready to give further Direction to any that are pleas'd to Require it.

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